

### ABSTRACT

A method for transpulmonary cooling by providing a liquid having a boiling point of 38 – 300°C, more preferably 38 – 250°C, more preferably 38 - 200°C, more preferably 38 – 150°C, more preferably 38 – 80°C. The liquid is nebulized to form a mist.

- 5 The mist is optionally cooled below room temperature and delivered to the airway of a patient so that the patient inhales the mist. The mist causes systemic cooling by evaporative heat loss when inhaled at room temperature and additionally by direct heat transfer when inhaled below room temperature. Compositions and medical devices for transpulmonary cooling are also provided.